

Program Descriptions

Morning Meditation M, T, W, Th @ 7:15am
Start your morning with a clear mind through this group meditation session

Mindfulness Technique M @ 6:00pm
W @ 2:00pm
Sat @ 7:30pm

Mindfulness training is a skillset that can improve quality of life. Learn how to practice and apply mindfulness techniques in everyday life

Wellness Walk T, W @ 12:00pm
Enrich your physical, mental, and emotional wellness through a combination of physical exercise and fellowship. Join us as we take a lunch time walk around town and develop deeper connections with one another and the community

Liberation through Laughter W @ 11:00am
Open group focused on increasing wellness through peer to peer support and loosening up through the joy of laughter

Volunteer Orientation W @ 1:00pm
If you are interested in volunteering or completing community service at the Turning Point Center attend an orientation to learn more!

Making Recovery Easier F @ 2:30pm
(At Act 1) W @ 4:00pm
This is an open meeting format, Open to all interested in making the path to recovery easier

Affected by Addiction 1st & 3rd W @ 5:30pm
Open support group for family members affected by a loved one's addiction

NAMI Support Group W @ 7:00pm
Open peer support group for anyone with mental health challenges who are seeking support from others who understand

Recovery; Living the Full Life Th @ 11:00am
This group goes over the 8 components of wellness and how to live a full life in recovery

LifeRing Th @ 8:15pm
A non-traditional program that helps people stay sober by building personal recovery plans. This group supports recovery methods that rely on human efforts. The motto is, "We do not drink or use, no matter what!"

Music Therapy F @ 10:00am
Open peer led group exploring healing through music

Intro to Guided Meditation F @ 11:00am
Open group for beginners to explore the basics, benefits, and fundamentals of guided meditation

Beading & Jewelry Making F @ 1:00pm
Come be creative and make amazing jewelry with Megan while enjoying fellowship and meeting others on the path to recovery

Accudetox F @ 4:00pm
Come try a holistic approach to self-care with de-stressing ear acupuncture

Sober Boxing Sun @ 11:00am
Come learn the basics and fundamentals of boxing! These skills can be utilized in many areas of a sober lifestyle.

Sunday at the Movies Sun @ 1:30pm
Come watch a great movie with us every Sunday at 1:30pm! Enjoy fun and fellowship with light refreshments and entertainment.



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MAY 2014 CALENDAR

The Turning Point Center of Chittenden County is a dedicated, compassionate community that provides recovery support services in a safe, substance-free environment for individuals and families on multiple paths to self-discovery and sustained recovery.



Recovery Support Hours

9am – 5pm Daily

Programming Hours

Sun : 9:00am – 7:30pm
Mon – Wed: 9:00am – 9:30pm
Thurs – Sat: 9:00am – 11:30pm

Sunday

9:00am Highlighters AA O/BB (BR)
11:00am Sober Boxing
12:00pm CoDA (SR)
1:30pm Sunday at the Movies (SR)
5:00pm Recovery Support Hours End
5:30pm Underearner's Anonymous (SR)
6:00pm Into Action AA O/ST (BR)

Monday

7:15am Meditation (BR)
12:00pm The Clean Livers AA – O/L (BR)
2:00pm Before The Drink AA – O/D (BR)
5:00pm Recovery Support Hours End
6:00pm Mindfulness Techniques (SR)
6:30pm How It Works AA – O/D (BR)
8:00pm Step Into Recovery NA – O/ST (BR)

Tuesday

7:15am Meditation (BR)
11:30am L.I.T. – Closed (BR)
12:00pm Wellness Walk
5:00pm Recovery Support Hours End
5:30pm Way of Life AA – O/BB/D (BR)
6:30pm Freed From Weed MA – O (SR)
7:00pm Proud & Sober AA – O/GLBT (BR)
8:30pm CA Meeting (BR)

Wednesday

7:15am Meditation (BR)
11:00am Liberation through Laughter (BR)
12:00pm Easy Does It NA O/H/RT (BR)
12:00pm Wellness Walk
1:00pm TPC Volunteer Orientation (SR)
2:00pm Mindfulness Techniques (SR)
4:00pm Making Recovery Easier (At ACT 1)
5:00pm Recovery Support Hours End
5:30pm Affected by Addiction(1st&3rd) (SR)
7:00pm NAMI Recovery Support Group (SR)

Thursday

7:15am Meditation (BR)
9:30am Business Debtors Anonymous (SR)
11:00am Recovery: Living the Full Life
5:00pm Recovery Support Hours End
5:30pm CA Beginner's Meeting (BR)
6:30pm Prayer and Meditation Meeting O/D (BR)
7:00pm Journey to Recovery CODA (SR)
8:00pm Freed From Weed II MA/O (BR)
8:15pm Lifering (SR)
10:00pm Candlelight AA – O/BB/D (BR)

Friday

10:00am Music Therapy Session
11:00am Intro to Guided Mediation
1:00pm Beading & Jewelry Making (BR)
2:30pm Making Recovery Easier (SR)
4:00pm Accudetox (BR)
5:00pm Recovery Support Hours End
6:30pm Faith Based Support Group
6:30pm Girls Night Out AA – O/W/D (BR)
8:00pm Freaky Friday AA – BB (BR)
10:00pm Candlelight AA – O (BR)

Saturday

12:00pm 12x4 AA – O/ST (BR)
5:00pm Recovery Support Hours End
6:30pm Big Book Step AA – O/BB/ST (BR)
7:30pm Mindfulness Techniques (SR)
10:00pm Candlelight AA – O/BB/D (BR)



OPEN MIC NIGHT!

3rd Saturday of EVERY Month!

April 19th @ 7:30pm

What does the Turning Point Offer?

The Turning Point Center of Chittenden County provides space for peer-to-peer recovery activities, fellowship, events, games, fitness, stress management, recovery related programs, various 12 step meetings, and 1-on-1 Recovery Coaching.

The Turning Point Center respects all paths to recovery. We understand that all areas of life need to be addressed. Other types of support provided include resource referrals, social events such as open mic night, movie nights, music, art showings, and athletic activities such as morning workouts, boxing, and yoga.

Our hope is to offer a variety of opportunities and supports to help create an encompassing path to recovery for each individual.

Our role is to provide support to those who choose to utilize recovery services and to assure that we provide a welcoming and safe environment.

Recovery Coaching

A recovery coach is a mentor in recovery that helps you to build a healthy life.

Recovery Coaches work with you to

- Create a healthy vision for recovery, while supporting all paths to recovery
- Help make decisions about how to improve your life
- Create a Recovery Wellness Plan to help with the progress of your recovery
- Explore and connect with recovery and human resources

Recovery Coaches meet you where you are at in your journey to recovery. Whether you are drinking or using, already in recovery, or concerned about someone else's addiction.

For more information or to get a coach, contact
Kim Morrill at 802.861.3150